

We claim:

1. A massage device comprising:
  - a housing;
  - a massage head integral with the housing
  - a first massaging surface integral with the massage head;
  - a heating element integral with the housing, said heating element positioned proximate to the first massaging surface;
  - a massage head cover formed to engage the massage head, said massage head cover comprising a second massaging surface and a freezable material.
2. The massage device of claim 1 wherein the massage head cover is microwaveable.
3. The massage device of claim 1 further comprising a handle on the housing.
4. The massage device of claim 1 wherein the massage head cover further comprises a rigid surface that translates temperatures and an insert joined to the surface, wherein said insert is freezable.
5. The massage device of claim 1 further comprising a percussive massage element in the massage head.

6. The massage device of claim 5 wherein the percussive massage element in the massage head further comprises a rotatable, off-balance weight whereby rotating the rotatable, off-balance weight causes the massage head to vibrate.
7. The massage device of claim 6 further comprising a counterweight in the massage head whereby the percussive force is inhibited from translating down the housing.
8. The massage device of claim 6 wherein the percussive massage element further comprises nodules located on a surface of the massage head cover thereby translating massaging percussive force to a user through the nodules.
9. The massage device of claim 1 wherein the massage head cover further comprises nodules located on a surface of the massage head cover thereby being capable of translating massaging percussive force to a user through the nodules.
10. The massage device of claim 1 wherein the massage head cover translates heat from the first massaging surface.
11. A method of treating a sore muscle comprising the steps of:

warming a first massaging surface on a massage head to above ambient temperature;

beginning to massage the sore muscle with the massage head while the massage head cover is above ambient temperature;

cooling a massage head cover to below ambient temperature;

attaching the massage head cover to the massage head; and

massaging the sore muscle with the massage head cover while the massage head cover is below ambient temperature.

12. The method of claim 11 further comprising the step of causing the massage head cover to vibrate.

13. The method of claim 12 further comprising the step of inhibiting a vibration of the massage head from translating down to a handle attached to the massage head.

14. The method of claim 11 further comprising the step of:

warming the first massaging surface on the massage head to above ambient temperature;

translating a warmth of the first massaging surface to the massage head cover to increase a temperature of the massage head cover to above ambient temperature.

15. A method of treating a sore muscle comprising the steps of:  
cooling one massage head cover to below ambient temperature;  
attaching the massage head cover to a massage head; and  
massaging the sore muscle with the massage head cover and massage head while the massage head cover is below ambient temperature.
16. The method of claim 15 further comprising the steps of:  
removing the massage head cover from the massage head;  
heating the massage head to above ambient temperature; and  
massaging the sore muscle with the massage head while the massage head is above ambient temperature.
17. The method of claim 15 further comprising the steps of:  
removing the massage head cover from the massage head;  
heating the massage head cover to above ambient temperature; and  
massaging the sore muscle with the massage head cover while the massage head cover is above ambient temperature.
18. The method of claim 15 further comprising the steps of:  
heating the massage head to above ambient temperature;  
translating heat from the massage head through the massage head cover;  
and

massaging the sore muscle with the massage head cover while the  
massage head cover is above ambient temperature.